



Rogersville City School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Rogersville City School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Rogersville City School System that includes:

- School Health Advisory Committee
- One Healthy School Teams
- School Health Policies strengthened or approved are the wellness policy, comprehensive health education policy and the physical education policy (which exist in an umbrella policy under the wellness policy).
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$50,400.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Wellmont Hospital | ➤ Food City |
| ➤ 2 nd Harvest Food Bank | ➤ Presbyterian Women's Ministry |
| ➤ Rogersville Review | ➤ Rogersville Park and Recreation |
| ➤ TDOT | ➤ Family Resource Center |
| ➤ Hawkins County Health Department | ➤ Town of Rogersville Safety Teams |
| ➤ Rural Health Consortium | ➤ Tennessee Cancer Coalition |
| ➤ Food City; Kiwanis | ➤ Little Roller City Derby Girls |
| ➤ Town of Rogersville | ➤ IW8 abstinence family life health education group |
| ➤ Wellmont Project Diabetes Grant administrator | ➤ Kingsport Times |
| | ➤ Chip Hale Center |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. Six parents assisted with health screening for RCS students in September, 15 parents partnered with CSH to provide gifts to children in our school for Christmas, 1 parent partnered to provide clothing to the clothing closet overseen by CSH, multiple families donated food items for the food pantry/school food backpack program, 6 parents assisted with 'non-food' positive behavior rewards, and 10 family representatives attended the 'Dining with the Chef' healthy recipe tasting during Child Health Week sponsored by CSH and Wellmont. Currently, 37 parents are collaborating with CSH.

Students have been engaged in CSH activities including 15 Beta Club students have planned for the Food Service Appreciation Day making signage and 5 art students have been working on aprons for the cafeteria staff. Each art class participated in World School Milk Day by doing milk carton art for the cafeteria and 20 7th grade students made milk posters to hang in the cafeteria. All of these students were taught during the activity about the importance of milk in the diet. Approximately 35 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in Rogersville City School, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – for the 2010-2011 school year, 376 students were screened for vision, hearing, blood pressure and BMI. 25 students were referred for vision, 10 referrals for hearing, 5 referrals for blood pressure, 60 referrals for BMI. 547 students were screened for dental. 124 students were referred and treated with sealants;

Students have been seen by a school nurse and returned to class – 3,584 students were seen by a school nurse. 3,184 returned to class after being seen by the school nurse;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. BMI showed a 3.6% decrease for grades screened compared to the 2007-2008 initial data. Initial data for 2007-2008 was 42.6% overweight/obese. Data trends for 2010-2011 has decreased to 39%;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include Michigan Model comprehensive health curriculum for all grades, Family Life Education for grades 6-8, newsletters for students and parents focusing on health and wellness, and items for 1st grade store pilot to encourage healthy/non-food item rewards for good behavior.

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include TAHPERD conference for physical education teacher and the Healthy Minds and Body Conference for school counselor;

School faculty and staff have received support for their own well-being through a staff fitness room housing exercise equipment, monthly newsletters for students, staff, and parents and a fitness instructor for staff offering 3 days per week of cardio and muscle strength training.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – school health information is included in the school newsletter, the webpage, and sent home to parents as needed. The SBHC provides services that include well-child screenings, sports physicals, mental health referrals, staff and student nurse practitioner visits, routine head

lice checks for students, hand washing education for lower grades, health screenings, staff insurance physicals etc all of which offer opportunities for health education; The Michigan Model health curriculum has been implemented in grades K-8;

- Physical Education/Physical Activity Interventions – CSH is partnering with our school nutrition director in the Healthier US School Challenge. All grades meet the 90 minute physical activity law utilizing physical education class and in the classroom physical activities including Take10! and Hoops for Heart. Rewards for positive behavior include physical activities such as bounce houses, inflatables, sporting games. End of the year class activities include kick-ball games conducted on the front lawn. CSH assisted Pre-K in installing a new piece of playground equipment to be utilized by grades k-4;
- Nutrition Interventions – CSH is partnering with school nutrition in the Healthier US School Challenge. World School Milk Day was celebrated in September. Flavo-rich provided a cow costume- worn by the CSH director. Milk stickers and goodies were given away during the am, a visit by the cow was made at breakfast and to the lower grade level classrooms; breakfast participation was discussed in our HST meeting. School nutrition was celebrated during Child Health Week (May 9-13 for the Town of Rogersville). Welch's PACK week was implemented during health week with the cafeteria and classrooms celebrating a different color of fruit and veggie each day. Project Diabetes Grant through Wellmont Hospital purchased fruits for the kindergarten classes as a taste test also during this week; Food backpacks given out to needy students through a partnership with 2nd Harvest Food Bank and local churches;
- Mental Health/Behavioral Health Interventions – an MOU between Frontier Mental Health and the school has been board approved for mental health services. The school counselor is implementing the Michigan Model curriculum for K-3. Grades 4-8 began implementing the Michigan Model curriculum in April after TCAP testing. Our school based clinic also does mental health references as needed with the Rural Health Consortium. CSH is also the link for teachers to refer students who have needs such as hunger, homelessness, and clothing needs. The CSH coordinator works with the guidance counselor on these issues and also the Title 1 coordinator. All areas related to the Mental Health Integration Grant have been met.

In such a short time, CSH in the Rogersville City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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